

## Hydration Loading Night 101 (2017)

**Wed April 19**

There are two nights of hydration “logistics” listed within our volunteer modules. The second night is a **loading** night, at which time hydration station workers come to get their stuff. We’ll meet at 1700 hours (5 pm), and the work is scheduled for 3 hours, until 2000 (8 pm). We usually finish **much** sooner than that with your help (and most hydration team reps come in shortly after work). Also, not all 17 hydration teams come to get their equipment (I later deliver some). A few groups come on Thursday.

### Directions to Reynolds Towing

- Reynolds Towing Service, Inc. is located at 1417 W. Kenyon Road, Urbana.
- Kenyon Road is the frontage road that runs parallel to I-74, on the south side, and you’ll be west of Lincoln Avenue (whether you come directly off the interstate at the Lincoln exit or come up Lincoln from the south).
- To get to Kenyon, one actually turns west from Lincoln (at the traffic light) onto Killarney, at the Circle K gas station, between it and the Ramada Inn:
  - Follow Killarney west, as if going to the Wyndham or Holiday Inn Express, then turn right at the "T" (turning north, past the H.I. Express).
  - This goes 150 yards or so and curves back left (west), which actually *becomes* Kenyon Road.
  - Now just follow this west (less than a quarter-mile) down Kenyon to Reynolds Towing, which is just past Ryder (on the south side, obviously).
  - You can park out front, inside the chain-link-fenced lot on the NW corner of the building. The business’s front door is pretty obvious.
  - Go inside, and the front desk worker will be able to guide you to the back, where we’ll be working in the large middle bay.
- There IS an alternative route for those who *really* know their Champaign geography (take Oak Street north, up from Bradley and go right on Kenyon before you go under I-74 . . . RTS, Inc. is the second business on the right, after Altorfer).

And from Google Maps:

<https://www.google.com/maps/place/Reynolds+Towing+Service+Inc./@40.134583,-88.229815,3a,75y,181.37h,90t/data=!3m4!1e1!3m2!1s255yJj-96K96fa9vF-afHA!2e0!4m2!3m1!1s0x880cd9e1767c9381:0xc446f6df9c94ddaa!6m1!1e1?hl=en>

### Description of Work Done on Hydration Loading Night

Simple:

- I’ll show you how the hydration stations are arranged (the equipment will already have been organized the night before into allotments of about 17 hydration groups).
- When a hydration station representative shows up for that team’s equipment, we will help load the vehicle with what they need. Some groups get everything; some groups get

everything but, say, the tables (which we have to deliver later to their site). This is usually dictated by what they're driving or what they can keep at home for a day or so.

- The kinds of things they're picking up include
  - smaller supply items in Rubbermaid tubs (sometime called "medical kits" but the tubs contain other small supplies, too) — each hydration team gets one such tub (not heavy).
  - empty plastic trash barrels (might have garden hoses and a few lighter items like plastic pitchers sitting in them)
  - cartons of paper or plastic drinking cups
  - beverage coolers (like the kind dumped on a coach after a Super Bowl or BCS championship victory)
  - cartons of Gatorade
  - cartons of GU
- Not every station needs ALL of the items (for example, GU only goes to about four stations, and Gatorade is at most — but not all — stations).
- It should be noted that some of these items can seem heavy (the cases of Gatorade and GU are not light, but able-bodied adults and teens can certainly carry ONE without a problem), and the tables are now plastic (replacing the old wooden banquet tables). But if they seem unwieldy, two people per table are recommended. It should also be noted that we are likely to have the use of a floor (pallet) jack and/or a wheeled dolly when necessary (so moving several cases of GU or Gatorade at once is also an option). We all have varying physical size and strength, but this job is easy to accomplish due to our joint effort and because plenty of choices abound in what to lift or carry!

Kent Jepsen

*Hydration Manager*

Christie Clinic Illinois Marathon

217-202-8513